



# Academy Medical Centre

## Patient Information Leaflet No 15

## Patient Support Advisor



Academy Street  
Forfar DD8 2HA  
Tel 01307 462316

### How to I access the Social Prescribing service?

Speak to your team administrator, nurse, HCA or GP if you think you would like find out if the social prescribing service would be a helpful service to you.

*Thank you for taking the time to read this leaflet, we hope you have found it helpful and informative.*

*If you have any suggestions please send them to our PPG (Patient Participation Group) at:*

**Academy Medical Centre**  
**Academy Street**  
**Forfar DD8 2HA Tel 01307 462316**  
**[www.academymedicalcentre.co.uk](http://www.academymedicalcentre.co.uk)**

# What is Social Prescribing?

A patient centred service offering support to patients to help identify Issues, concerns and barriers to make positive changes that affect their health, mental wellbeing and quality of life. The social prescriber will work collaboratively with the patient to meet the needs and interests of the person to help through decision making to address the issues they would like and to support to access services and activities they feel might help. This is a non-medical service that can address issues such as social isolation/loneliness, patients who are carers, looking for more support at home, financial concerns and much more.



***“Enabling healthcare professionals to refer patients to a link worker, to co-design a non-clinical social prescription to improve their health and wellbeing.” From ‘Making Sense of Social Prescribing’, Social Networking Report 2016***

## The Social Prescriber can

Negotiate between patients, local services/groups and activities to ensure that they can access the right services with the support they need Co-ordinate support where there may be a number of services/support workers involved Liase with patients, local services and the multidisciplinary team with the patients consent



## What we do

- Non-medical support and advice
- Person-centred
- Exploring and supporting patients with change through Health Behaviour Change model
- Personalised local information
- Working with local voluntary organisations, charities and statutory services
- Supporting connections in the local community
- Removing barriers for local people to engage



## Local & Voluntary events

Local information is promoted and kept up to date by the Patient Support Advisor working alongside the Patient Participation Group (PPG).

Third Sector Health Hubs are also organised monthly within the practice Waiting room where you can drop in to find out more about local services and receive lots of relevant information. Look out on our website, Facebook and in the practice for dates, times and information on Organisations attending this month.